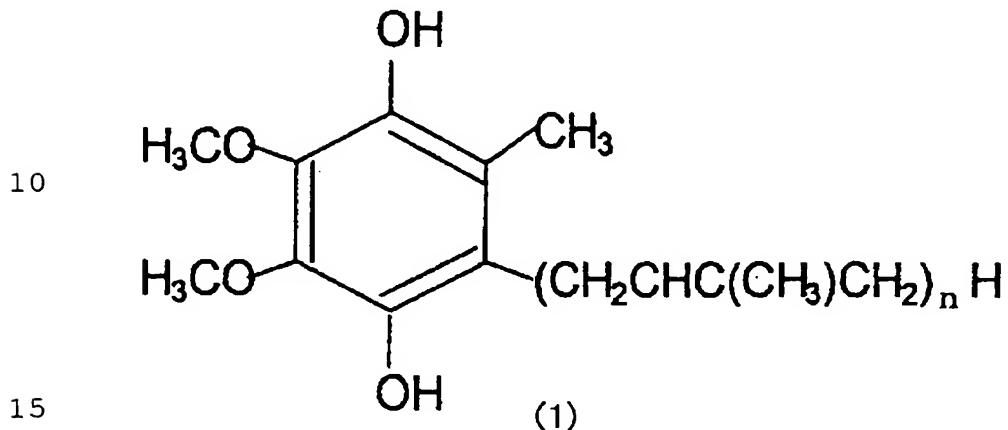


## CLAIMS

5 1. A composition containing a cyclodextrin, a polar solvent and a reduced coenzyme Q represented by the general formula (1);



(in the formula, n is an integer of 1 to 12);

wherein the reduced coenzyme Q is solubilized in said composition.

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2. The composition according to Claim 1

wherein a proportion of the reduced coenzyme Q to the sum of an oxidized coenzyme Q and the reduced coenzyme Q is not smaller than 50% by weight.

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3. The composition according to Claim 1

which is used for oral administration.

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4. The composition according to Claim 1

wherein the reduced coenzyme Q is reduced coenzyme Q<sub>10</sub>.

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5. The composition according to Claim 1

wherein the cyclodextrin is at least one species selected from  $\alpha$ -cyclodextrin and  $\gamma$ -cyclodextrin.

6. The composition according to Claim 1  
wherein the polar solvent is water or a mixed  
solution of water and an alcohol.

5

7. The composition according to Claim 1  
wherein a proportion of the cyclodextrin contained is  
0.1 to 100 mole, per 1 mole of the reduced coenzyme Q.

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8. The composition according to Claim 1  
which further contains an antioxidant.

9. The solubilized composition according to Claim 1  
wherein an antioxidant is at least one species  
15 selected from citric acid, citric acid derivatives, vitamin  
C, vitamin C derivatives, vitamin E, vitamin E derivatives,  
glutathione, reduced glutathione, sodium thiosulfate, L-  
cysteine, L-carnitine, lycopene, riboflavin, curcuminoids  
and superoxide dismutase (SOD).

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10. The solubilized composition according to Claim 1  
which contains at least one or more species selected  
from medicinal ingredients, functional food components,  
supplement components and food components.

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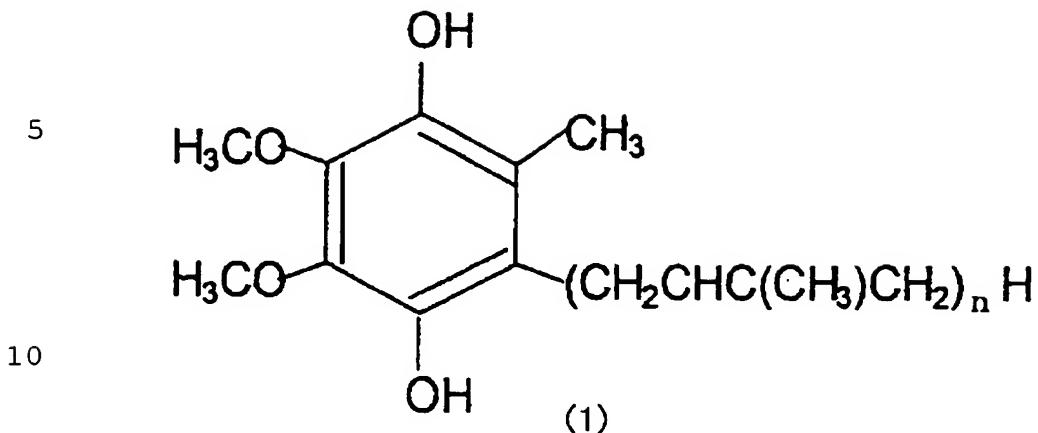
11. A food, functional food, drug or quasidrug for  
administration to humans or animals  
which contains the composition according to Claim 1.

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12. A powdery solubilized composition  
which can be obtained by subjecting the composition  
according to Claim 1 to spray drying.

35 13. A composition containing a cyclodextrin, a polar  
solvent and a reduced coenzyme Q represented by the general

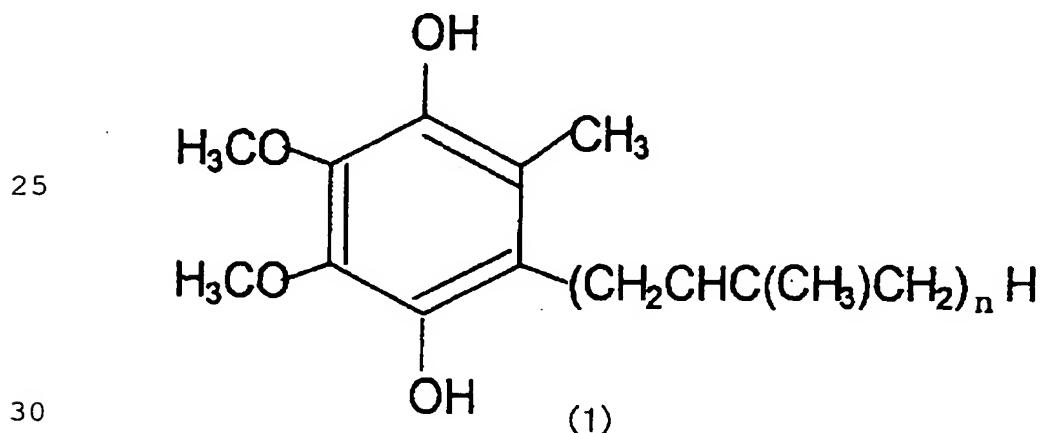
formula (1);



(in the formula, n is an integer of 1 to 12);

15 wherein the reduced coenzyme Q is solubilized in said composition, which composition can be obtained by mixing the polar solvent, the cyclodextrin and the reduced coenzyme Q.

20 14. A method for solubilizing a reduced coenzyme Q represented by the general formula (1);



(in the formula, n is an integer of 1 to 12);

which comprises mixing a cyclodextrin, a polar solvent and the reduced coenzyme Q.

15. The method according to Claim 14  
wherein a proportion of the reduced coenzyme Q to the  
sum of an oxidized coenzyme Q and the reduced coenzyme Q is  
not smaller than 50% by weight.

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16. The method according to Claim 14  
wherein the reduced coenzyme Q is reduced coenzyme  
Q<sub>10</sub>.

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17. The method according to Claim 14  
wherein the cyclodextrin is at least one species  
selected from  $\alpha$ -cyclodextrin and  $\gamma$ -cyclodextrin.

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18. The method according to Claim 14  
which comprises dissolving the cyclodextrin in the  
polar solvent, and then mixing the reduced coenzyme Q with  
the obtained solution.

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19. The method according to Claim 14  
wherein the polar solvent is water or a mixed  
solution of water and an alcohol.

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20. The method according to Claim 14  
wherein a proportion of the cyclodextrin contained is  
0.1 to 100 mole, per 1 mole of the reduced coenzyme Q.

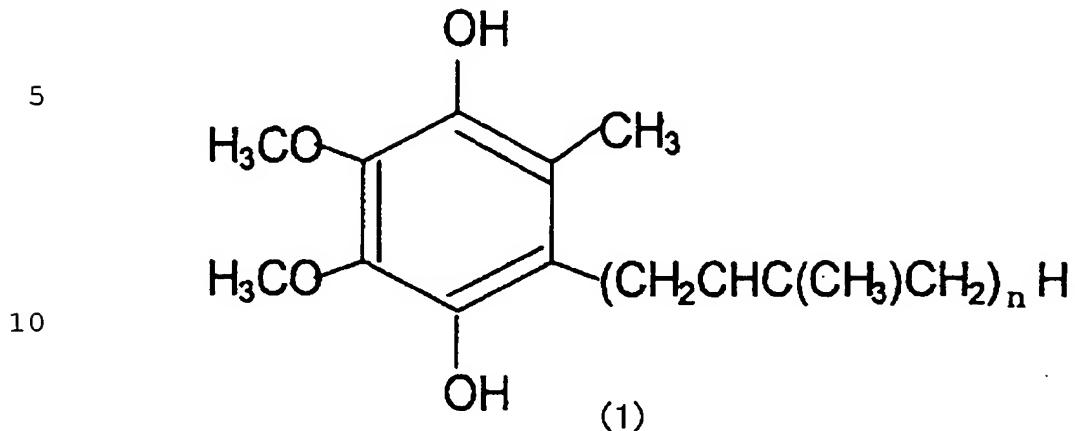
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21. The method according to Claim 14  
wherein an antioxidant is at least one species  
selected from citric acid, citric acid derivatives, vitamin  
C, vitamin C derivatives, vitamin E, vitamin E derivatives,  
glutathione, reduced glutathione, sodium thiosulfate, L-  
cysteine, L-carnitine, lycopene, riboflavin, curcuminoids  
and superoxide dismutase (SOD).

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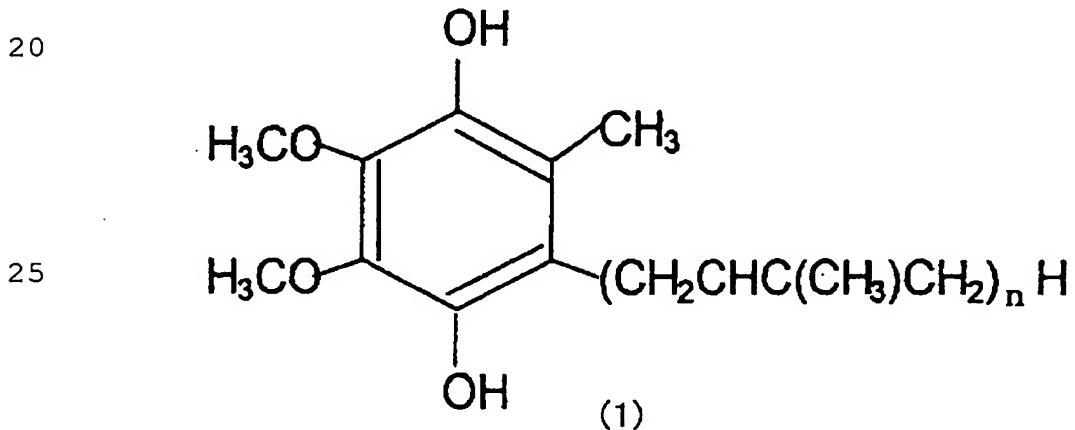
22. A method for producing a composition containing a

cyclodextrin, a polar solvent and a reduced coenzyme Q represented by the general formula (1);



which comprises mixing the cyclodextrin, the polar  
15 solvent and the reduced coenzyme Q.

23. A method for inhibiting the oxidation of a reduced coenzyme Q represented by the general formula (1);



30 (in the formula, n is an integer of 1 to 12);

which comprises mixing a cyclodextrin, a polar solvent and the reduced coenzyme Q.